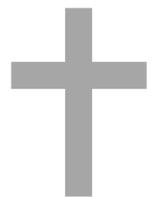
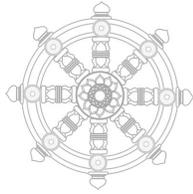


A photograph of the Nashville skyline under a clear blue sky. The image features several prominent buildings, including the AT&T Building (the tallest one with a spire), the Bank of America Building, and the CMT Building. In the foreground, there are older brick buildings, some with signs like 'BAKER DONELSON', 'McFADDEN'S NASHVILLE', and 'CMT'. The overall scene is a mix of modern glass skyscrapers and historic architecture.

a toolkit for
creating
a healthier
place of worship

NashVitality



“We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly.”

– Dr. Martin Luther King Jr.



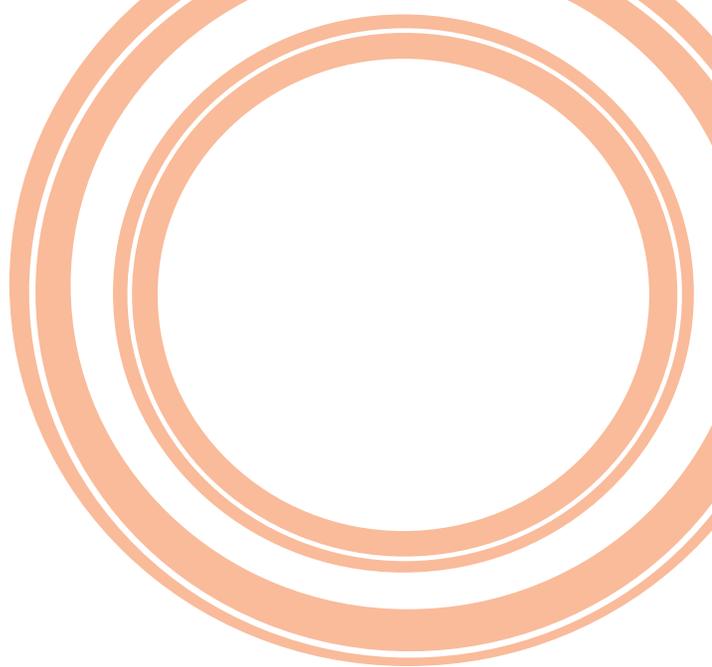


Table of Contents

Prescription for a Healthier Place of Worship.....	3
Create a Healthier Place of Worship	
Step 1. Build a Health Ministry.....	5
Step 2. Assess the Place of Worship.....	7
Step 3. Plan: Be S.M.A.R.T.	8
Step 4. Implement: Putting the Plan in Motion.....	10
Physical Activity Policy.....	10
Healthy Foods Policy.....	12
Lactation Support Policy.....	16
Tobacco Free Policy.....	18
Step 5. Evaluate the Policies and Programs.....	19
Conclusion and Additional Support.....	20
Appendix A: Resources.....	22
Pledge to Become a Healthier Place of Worship.....	23
Suicide Prevention Sample.....	24

NashVitality

*The spirit of a
healthy, active and green city*

Throughout Nashville, people are taking action to move our city toward better health. This movement includes conscious, health choices by many individuals, but it also involves intentional decisions that communities and organizations make to create healthier conditions for all. Conditions in the places in our lives—where we live, learn, work, play and worship—impact our health in many ways, sometimes subtle and sometimes profound. This is why much of our movement focuses on healthier places.

Places of worship and faith communities are vital to the fabric of our city. Leadership in faith communities can play a pivotal role in increasing opportunities for healthier eating and active living, and creating a culture of wellness in houses of worship and in the community beyond.

The Healthy Place of Worship movement encourages and supports Nashville's faith community in creating opportunities for better health within all Nashville congregations. The Faith Toolkit is designed to provide pastors and leaders in faith communities with the information and resources needed to implement significant and sustainable changes that make healthy choices easier and more commonplace.

Together, faith leaders can be a powerful force for better health and stronger communities. Your participation and enthusiasm in the movement are key. We hope you will take steps to build and sustain healthier conditions in your community, and find ways to inspire others and help lead Nashville to a healthier future, and we hope this toolkit helps you move forward.





Dear Faith Leaders,

The statistics about our health in Tennessee and across the U.S. are sobering. Rising health care costs and unhealthy residents are becoming a major strain on governments, businesses and society. And the major drivers of high medical costs, illness, and early death are rooted in unhealthy diets, lack of physical activity and tobacco use.

We can do better, and we will. Nashville is already making some great strides towards better health. Under Mayor Karl Dean's leadership, and with a boost from the NashVitality campaign, there is a growing movement to make healthy living easier for everyone in Nashville.

We have a great system of parks and greenways, which Mayor Dean highlighted in his Walk 100 Miles challenge and the Mayor's 5k. Our schools continue to move ahead on making school food healthier and more appealing. In neighborhoods across Nashville there is a big movement toward healthy food choices via farmers markets, gardening, and healthier stores in neighborhoods where they now seem out of reach. More people are bicycling, and Nashville Bikes puts riding within reach for more people.

As part of this community-wide movement, faith organizations have a great opportunity to move toward improving health in their congregations. Many places of worship in Nashville have been working on wellness for a long time. Some are just starting. Either way, our hope is that healthy changes are easier to put in place and sustain as part of a community-wide effort. When we succeed, Nashville will not only be the Health Care Capital, but we will also be known for our healthy people.

This toolkit provides some of the necessary pieces to help provide a healthier environment for congregants. Many of these pieces take hard work and commitment, and some of them cost money. However, there are many changes that can be applied immediately with no cost and little effort. This toolkit can be used to select the correct prescription for your unique place of worship, and move healthy efforts forward with the expectation that a healthy congregation is good for the body and soul.

The Prescription for a Healthier Place of Worship offered here is based on four key policies that support healthy living. Programs that engage congregants in organized wellness efforts are good, but experience is showing that policies regarding health are essential building blocks for long term success. This document provides tools and best practices that you can consider as you focus on improving health for congregants and their extended families. We hope you find it useful.

Thank you for your interest in making your place of worship a healthier one.

Dr. Bill Paul
Director - Metro Public Health Department

Prescription for a Healthier Place of Worship

1

Physical Activity Policy: The faith institution will adopt a policy that supports access to physical activity in the place of worship for congregants. The policy will support an environment that encourages congregants to be active, and may include access to physical activity breaks during services, access to join fitness groups and classes, promoting safe walking routes and stairwell usage. Best Practices include:

- Organize physical activity groups
- Promote resources and tools to facilitate physical activity
- Promote recreational facilities
- Open worship facilities for physical activity use
- Incorporate breaks into services or meetings

2

Access to Healthy Foods Policy: The faith institution will have a written policy related to access to healthy foods and beverages during meals, fellowships, and meetings. Best Practices include:

- A Healthy Meeting policy to provide guidelines for food and beverages served at organization sponsored meetings and events.
- A Healthy Vending policy to provide guidelines for food and beverages offered in vending machines.
- A Water policy to ensure all congregants have access to water.

3

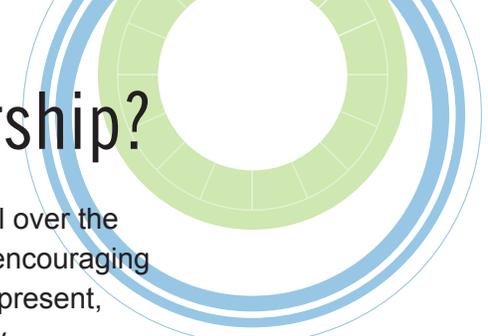
Lactation Support Policy: The religious institution will have a written policy to support congregants who are breastfeeding. Best Practices include:

- Private lactation rooms with a locking door.
- Provide access to a refrigerator for storage of breast milk and sink for proper clean-up.

4

Tobacco-Free Policy: The faith institution will adopt a policy that supports a tobacco-free campus.

Why invest in a healthier place of worship?



Health and healing have always been important components of faith traditions all over the world. Today, more than ever, the faith community needs to play a larger role in encouraging healthy lifestyles; after all, a healthy congregant is more likely to be consistently present, mentally alert and more active in the life of the congregation and their community.

Now is the time for faith institutions to implement policy change around healthy eating and active living, for the purpose of creating healthier places of worship. Take the Pledge to Become A Healthy Place of Worship, located at the back of Appendix A. Make the commitment to change the culture in your faith organization, and encourage your members to get behind the effort; for their benefit, and the entire community.

Faith-based organizations are trusted leaders in the community, making them well-positioned to encourage people to take action. Places of worship play prominent, influential roles in our communities, providing opportunities for sharing information and organizing initiatives to combat obesity. More than 120 million people in the United States attend religious services regularly; therefore the assistance of the faith community is pivotal in the effort to increase access to healthy eating and active living through implementation of policies and programs geared toward improving the overall physical well-being of their congregations.

Trusted leaders and members of faith communities can contribute valuable resources, including people, buildings, kitchens, and land to projects that encourage children and their families to live healthier lifestyles. Children learn many lessons in faith-based settings that set the foundation for their lifestyle as adults. Leaders and members of congregations know their communities well, and can communicate important health and nutrition information in motivating and effective ways.

In 2010, First Lady Michelle Obama launched Let's Move! a nationwide initiative aimed at reversing the current trend of childhood obesity in the United States. The initiative calls on all segments of society to have a role to play: parents, elected officials from all levels of government, schools, health care professionals, private sector companies, as well as faith and community-based organizations.



FAITH
.....
...organizations know how to empower folks - how to take charge of their lives and make positive changes for themselves and their families.”
-Michelle Obama



Baha 'I' - All healing comes from God.

Create a Healthy Place of Worship

The five steps for implementing the Prescription for a Healthier Place of Worship:



Step 1. Build a Foundation for a Healthy Place of Worship

Acquire support from leadership

The first step in creating a healthier place of worship is to have support from the congregation's leadership. A substantial and continual investment of time will be needed to improve congregant health and produce desired results; gaining high-level support is crucial to the sustainability and success of those efforts. Support from organizational leadership is also necessary to establish policy and environmental changes that directly affect congregant health, and assure the highest level of buy-in from the congregation.

Gather the team

Designate a person who has an understanding of health to serve as coordinator. It should first and foremost be someone who has a "heart for health," but they also need to be willing to commit to a long-term effort. Identify other people to work with the Health Ministry; these champions are the ones who will develop the policies and guidelines in the effort to move the faith institution toward becoming a Healthy Place of Worship.

It is crucial to form a Health Ministry with people from all levels of the organization. Place notices in the worship guide to explain what the Health Ministry does, and keep people abreast of meetings and events. Create appropriate activities, and build on the successful ones by making them regularly-scheduled events. Post lots of pictures; this will serve to recognize participants and their progress, and encourage others to be a part of the great things that are happening in the congregation.



Christianity - The prayer of faith shall heal the sick; the Lord shall raise him up.

Build

Step 1. Build a Foundation for a Healthy Place of Worship

Tips for your Health Ministry

- **Appoint members:** Leadership shows its commitment to change by making membership appointments, even if participation is voluntary.
- **Recruit diverse membership:** Recruit members for the team that represent different levels of members from within the organizational structure. Being a healthy and active congregant is not a requirement for membership. It's important to include members with diverse skills and at different levels of health.
- **Develop a clear purpose:** Leadership or senior management should provide expectations about the role and responsibilities of the team.
- **Conduct regular meetings at convenient times:** A regular meeting schedule increases the ability of members to plan ahead. Participation is crucial.
- **Require progress notes:** Record all meeting minutes. This will allow your organization to stay informed of progress and provides a record for members to review.
- **Focus on short-term success:** Set goals that are reasonable or modest. The team should understand their ultimate goal, but projects or activities should be broken down into what can be accomplished within 3-6 months. Too often, members attempt to implement changes that take more time and effort than they have allotted.



THE FIRST

.....
...step in creating
a health ministry
is to pray; ask the
Creator for guidance
in undertaking this
effort.



Buddhism - To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear.

Assess

After the Health Ministry team is in place, conduct a survey to assess the health (and attitude toward health) of the congregation. Simple surveys can help determine the level of participation – and desire to participate – in healthy eating and active living.

The assessment process helps the faith institution understand the health, well-being, needs and wants of its members. The information gathered from the assessment is very important, because it helps in the creation of policies that respond to the congregations concerns and needs.

Leadership and membership surveys will help faith institutions get a solid baseline assessment of where their congregation stands as far as issues of health and well-being are concerned.

Assessment helps the Health Ministry:

- See how well the congregation is doing in the effort to live healthy lifestyles;
- Raise awareness to the kinds of things that can promote better health in the congregation; and
- Identify further actions that will make a difference in the health of the members.



STARTING

.....
...is as simple as making the commitment to change, for the betterment of your congregation, and your city.



Confucianism - High mysterious
Heaven hath fullest power to heal and bind.

Plan

Step 3. Plan: Be S.M.A.R.T.

When investing time and resources into Healthy Place of Worship initiatives, expect to have a positive impact on the overall health environment of the faith institution, and on the personal health of each individual member of the congregation. Consider this when approaching the next step, which is planning the goals, objectives, policies, and activities of the Healthy Place of Worship initiative, using the data gathered from the needs assessment. Include in your plan an overall mission and vision, a set of objectives, a time line, and evaluation measures.



S.M.A.R.T. Planning

Creating clear goals and objectives is crucial in laying a solid foundation. The goals should reflect what the faith institution hopes to achieve over a set period of time - 1 year, 3 years or 5 years. Once goals have been identified, determine specific steps to help the faith community reach those goals. Use the S.M.A.R.T. formula at right to create your goals for each policy initiative.

Communicate effectively

Communication is key to engaging congregants. A comprehensive communication plan will utilize a variety of tools on an ongoing basis such as e-mail blasts, flyers, newsletters, meetings, and websites. Providing education assists an organization's ability to improve knowledge of health, increase readiness to change (attitude), and lead to the adoption of a healthier lifestyle (behavior).

Specific: How much, of what, by when?
Example: 25% of congregants will participate in walking clubs or group exercise classes this year.

Measurable: Is data available to measure this objective? Example: attendance/sign-up sheets for walks and classes.

Achievable: Is this possible for our faith institution?

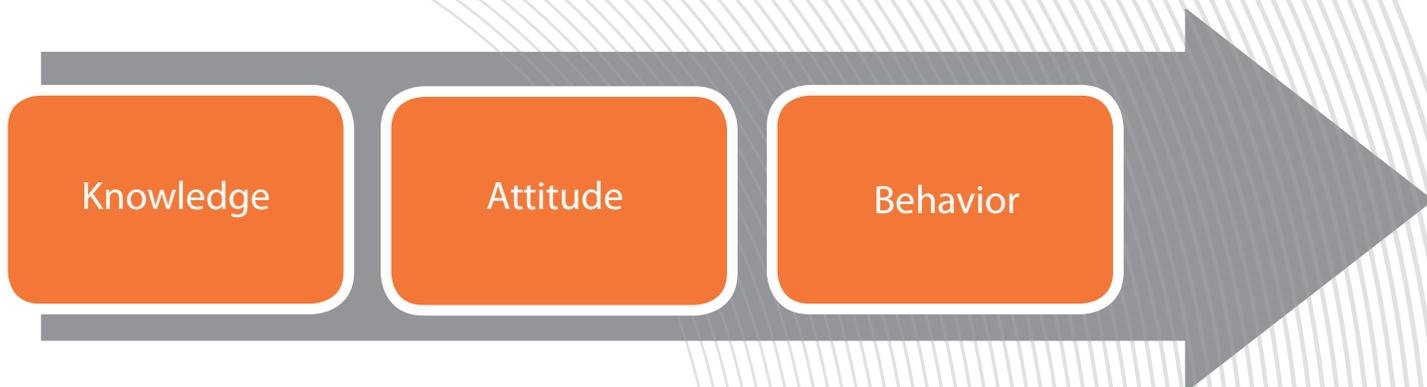
Relevant: Do these policies or strategies align with our goals?

Time Constrained: Is there a timeline for achieving this objective?

Step 3. Plan: Be S.M.A.R.T.

Create a timeline

Creating a timeline for program activities and measurements is fundamental to a healthy place of worship initiative. Aligning program activities with national health observances, such as the Great American Smokeout or Breast Cancer Awareness Week, can increase the awareness of specific health topics.



Allocate a budget

Monetary costs can fluctuate widely depending on the congregation. It is important for the organization to set a budget for congregant wellness, as even the smallest of initiatives require an investment to be effective.

Incentives

Many wellness programs provide incentives to encourage participation, engagement and satisfaction. It is recommended to use incentives to reward behaviors, such as attending a weight loss course, rather than rewarding health outcomes, such as actual weight loss.

Types of Incentives:

- Achievement awards as a token of recognition for reaching a health-related goal.
- Public recognitions honor congregants attempting to make positive lifestyle changes, and motivate others.
- Merchandise awards reward achievements with T-shirts, hats or other promotional items from your organization, or hold a drawing for movie tickets or sporting events to top achievers.

Now that the Health Ministry is in place, the congregation's needs and desires have been assessed, and their feedback has been used to plan a sustainable program, it is time to begin implementation of the Prescription for a Healthier Place of Worship. The following section will discuss each of the Prescription's policy initiatives, and provide guidance and suggestions for ways to enact policy change within the faith institution.



**Hinduism - Enricher, Healer of disease,
be a good friend to us.**

Implement

Physical Activity Policy

The faith institution will adopt a policy that supports access to physical activity in the place of worship for congregants. The policy will support an environment that encourages congregants to be active, and may include access to physical activity breaks during meetings, access to join fitness groups and classes, promoting safe walking routes and stairwell usage.



Steps to Implement a Physical Activity Policy

1. Develop policies and guidelines for physical activity.
2. Share the policy with other leadership, discuss how to introduce to congregants.
3. Create an outreach campaign to communicate policy change with congregants to increase knowledge and awareness about physical activity at your place of worship.

Best Practices for Physical Activity in a Place of Worship:

Organize Physical Activity Groups: Physical activity is more fun with other people, and regular group exercise can also help people stay motivated to keep up with a personal fitness routine.

- Walking is a simple, inexpensive way to get the congregation moving. It doesn't require the purchase of equipment, other than a comfortable pair of shoes, and can be done year-round. Walking is also the most commonly recommended physical activity by doctors and physical therapists. Its many benefits include improved cardiovascular function, reduced risk of heart attack; assistance with weight loss/weight maintenance; reduced

blood pressure; improved mental outlook; stronger muscles; and improved bone health. Congregants can walk with kids to school, shopping and worship. The National Center for Safe Routes to Schools provides more information at www.saferoutesinfo.org.

- Cardiovascular workouts, such as aerobics, offer the benefits of increased stamina, improved balance and muscle tone, decreased body fat, and lower blood pressure. An aerobics (or other group exercise) class may be a bit more challenging, because there may be the desire to have a certified fitness instructor lead the class and more organization time required. See Appendix for resources.

Promote resources and tools to facilitate physical activity: Keep the effort in front of the congregation: place event information in the worship guide, or on the bulletin board; make announcements about the Health Ministry's initiatives during worship; incorporate a health theme into a sermon.

Promote Recreational Facilities: Faith institutions can partner with other local community centers and schools to promote the use of recreation facilities, gymnasiums, playing fields, and playgrounds, especially if the faith institution lacks these resources.

Open the Facility: The faith institution can provide open access to their facilities, such as green spaces, gymnasiums, recreation rooms, fellowship halls, and other meeting spaces. This access can help local schools, after school programs, clubs, teams or groups to increase youth opportunities for physical activity after school and on weekends. Joint-use agreements can be developed to facilitate these partnerships. See Appendix for resources.

Take Breaks to Move: When meetings or religious services involve sitting for long periods of time, incorporate physical activity break time(s) into the agenda. Ensure that the chosen break activity is something that can be done by all participants despite their abilities, such as stretching exercises that can be done in a seated position; this will help get more participants involved.



Judaism - The body is the instrument of the soul, to carry our all works. - Rambam

Healthy Foods Policy

The faith institution will have a written policy related to access to healthy foods and beverages during meals, fellowships, and meetings.



The social environment in which people live, learn, work, play and worship performs a powerful role in influencing the choices people make. By changing the environment, organizations have the opportunity to create places where healthy choices are readily available. Providing healthy choices can be achieved by implementing policies and/or guidelines related to foods and beverages served at organization sponsored meetings, events, and vending.

1. **A Healthy Meeting Policy will provide guidelines for food and beverages served at organization sponsored meetings and events.**
2. **A Healthy Vending policy will provide guidelines for food and beverages offered in vending machines.**
3. **A Water policy will ensure all congregants have access to water.**

A Healthy Meeting Policy will provide guidelines for food and beverages to be served at meetings, functions and events: Many faith institutions serve food and drinks at the close of meetings and worship services, but often there is a lack of consideration of what food is served, and the long-term effects it might have on congregants' health. Portion size is another important factor to be considered when serving food at meetings or after services; portions can be adjusted by something as simple as using smaller plates. When given the choice and opportunity to consume healthy foods, people are more likely to make the healthy choice. If refreshments are to be served during a gathering, provide healthy snacks

and water. Make more fruit and whole grain snacks available, and decrease the amount of fried foods, donuts, pastries, etc. that are made available. Below are some specific examples of healthy snacks and beverages that can be made available for congregants:

Steps to Implement a Healthy Meeting Policy

1. Develop a healthy meeting policy and guidelines.
2. Share the policy and guidelines with leadership. Discuss how to introduce them to congregants.
3. Create an outreach campaign to communicate the policy change with congregants.
4. Provide healthy food and beverage guidelines to directors, staff and vendors who cater meetings and events.
5. Use the guidelines to select menu options for meetings, conferences and events.



Breakfast

Fresh fruit
 High fiber cereals
 Hard boiled eggs
 Yogurt
 Whole grain bagels
 English muffins
 Granola bars

Lunch & Dinner

Salads
 Whole grain bread
 Low-fat condiments
 Raw or steamed vegetables
 Pre-cut sandwiches

Snacks

Fruit or vegetable tray
 Granola bars
 Pretzels or baked chips
 Trail mix
 Cheese sticks
 Yogurt

Drinks

Water
 Unsweetened teas and coffee
 100% Fruit Juice



Islam - The Lord of the worlds
 created me...when I am sick, he healeth me.

A Healthy Vending Policy will provide guidelines for food and beverages in vending machines, with a suggested ratio of 50% healthy options: A healthy vending policy is another way to help improve the overall well-being of the congregation. Many faith institutions have vending machines; they are a convenient way of providing snacks and beverages. However, they often contain more unhealthy items than healthy ones. Limit the availability of candy and overly salty snacks; switch them out for healthier items. Reduce the availability of sugary drinks in vending machines. Make water available, and 100% fruit juices. Set a time line to get to the level of having at least 50% healthy options in the machine – do not try to make a drastic change all at once. Make regular assessments of vending items, to see how the congregation is responding to the availability of more healthy choices.

Steps to Implement a Healthy Vending Policy

1. Review the current vendor contract. Approach the vendor about healthy options and provide the new policy and adopted guidelines.
2. Propose gradual introduction of 25-30% healthy options in vending for six months with the goal of receiving 50% within 12 months after policy implementation.
3. Gather input and create support by using surveys, focus groups, and taste tests.
4. Create ongoing educational campaigns to communicate the policy change around new healthy vending options. Educate about the physical activity required to burn calories associated with each vending item. (i.e. How many stairs do you have to climb to burn the calories in one candy bar?) Place point of purchase prompts on healthy choices. (i.e. stickers)
5. Audit vending quarterly.

A Water Policy will ensure water is available at all meals/functions/meetings: Water is the body's principal chemical component, making up about 60 percent of our body weight. Every system in our body depends on water. The Institute of Medicine advises that men consume roughly 3 liters (about 13 cups) of total beverages a day and women consume 2.2 liters (about 9 cups) of total beverages a day.



Shinto - Foster a spirit that regards both good and evil as blessings, and the body spontaneously becomes healthy.

Steps to Implement a Water Policy

1. Make clean drinking water available to congregants at all times. An easy and affordable solution can be to use existing water fountains or coolers.
2. Encourage the use of reusable water bottles to cut down on waste.
3. Educate about the importance of water and hydration through newsletters, emails, and posters.
4. Incorporate the message of drinking more water into existing health and fitness programs offered at the place of worship.
5. Encourage congregants to set goals to drink more water.
6. Serve bottled water or water from pitchers at meetings and functions as an alternative to coffee and soda.
7. Make water available in vending machines.

Other ideas to encourage healthy eating and drinking:

Use congregants' recipes to create a healthy recipe book: Include motivational messages and nuggets of basic knowledge about healthy food and its benefits. The book should reflect the cultures and traditions represented in the congregation, and should also consider all healthy eating lifestyle options (vegetarians, diabetics, vegans, etc.). Maximize the effectiveness of the recipe book by using it to prepare meals served at the faith institution.

Create a garden on the property of the faith institution: When people gather to grow fresh produce together it offers the opportunity to eat better, get active, and be green. Teaming younger and older members can provide an educational experience about gardening for young people, and an opportunity for older members to pass down knowledge of gardening to the next generation, as well as getting some valuable moderate physical activity. The garden can be used to provide fresh, healthy produce to serve at dinners and functions at the faith institution; and if the garden is large enough, it can be used to help more needy members of the congregation, or maybe even to provide assistance to the community at large. See the Appendix for more information.



Host a farmers market or Community Supported Agriculture drop-off on the property: Make buying nutritious foods easy, by bringing it to your congregants and neighbors. Find resources in the Appendix.

Lactation Support Policy

The religious institution will have a written policy to support congregants who are breastfeeding.

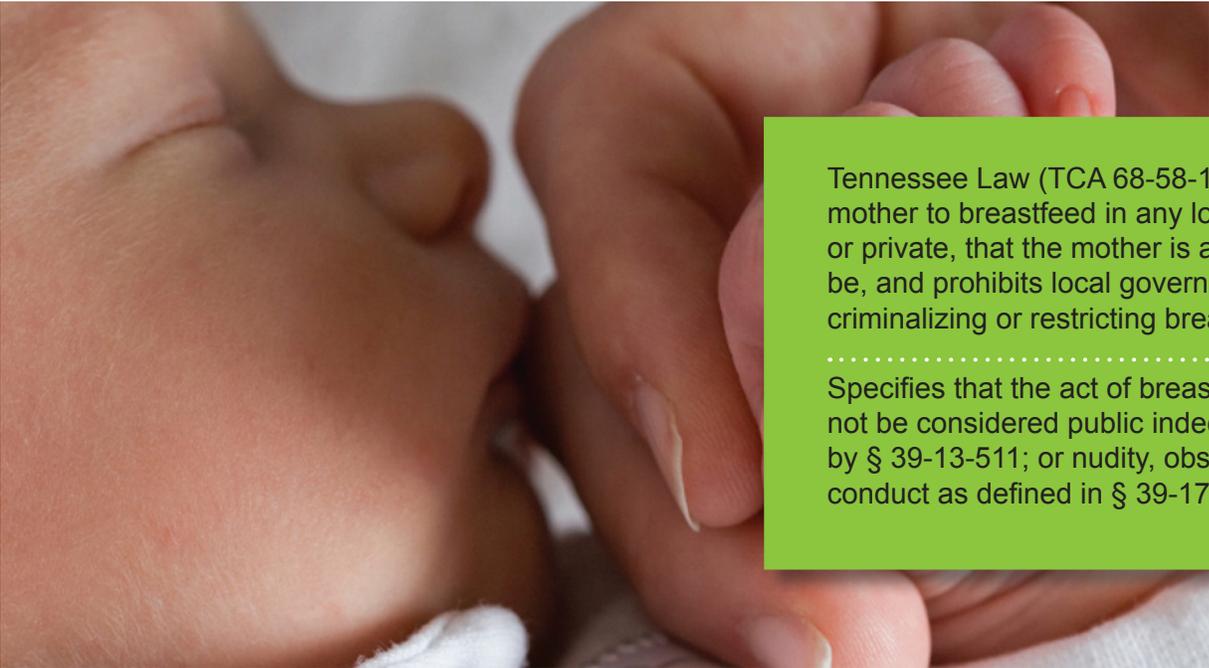
Components of comprehensive lactation support in the place of worship:

1. Private lactation rooms with a locking door.
2. Provide access to a refrigerator for storage of breast milk and sink for proper clean-up.

Breastfeeding is not just a personal choice; it is a medical decision that has a huge impact on the health of women, babies and the community at large. The American Academy of Pediatrics recommends exclusive breastfeeding for six months and continued breastfeeding for a minimum of one year. The World Health Organization recommends breastfeeding for a minimum of two years.

Steps to Implement a Lactation Support Policy

1. Develop a lactation support policy.
2. Implement programs to support breastfeeding policy. (see page 17)
3. Establish a lactation room.
4. Create an outreach campaign to communicate the policy change.
5. Promote location of lactation room.



Tennessee Law (TCA 68-58-101) Permits a mother to breastfeed in any location, public or private, that the mother is authorized to be, and prohibits local governments from criminalizing or restricting breastfeeding.

.....
Specifies that the act of breastfeeding shall not be considered public indecency as defined by § 39-13-511; or nudity, obscene, or sexual conduct as defined in § 39-17-901. (HB 3582)

Women who follow this advice are not just making a lifestyle choice; they are following doctors' orders.

The "2005 Progress Report on Breastfeeding" concluded that increasing the incidence of exclusive breastfeeding in the US would reduce under-five mortality in children by 19%. Women who breastfeed have a lower risk of getting breast and ovarian cancers, and their babies are less likely to develop numerous conditions, including earaches, diabetes, and obesity.

Breastfeeding moms need all the support they can get. We need community leaders responsible for public spaces, including places of worship, to be active in helping to create a breastfeeding culture. According to the American Academy of Pediatrics, the lack of public support for breastfeeding is one of the obstacles to its success. If our culture embraced breastfeeding as the normal way to feed babies, more women will breastfeed and the health statistics will likely change for the better.

Steps for lactation support in the place of worship:

1. Provide private lactation rooms, with locking doors, for mothers who need to breastfeed during worship services/meetings: Having a place to comfortably and safely express milk is a primary concern of every breastfeeding mother. Lactation rooms can be as simple or elaborate as the organization deems appropriate. The space should be large enough to fit a chair and a small table to hold a breast pump. The space will need access to an electrical outlet, should have usable locks, and be located near a source of water and refrigeration.

2. Provide access to a refrigerator for storage of breast milk and sink for proper clean-up: Whether in the lactation room, or in a nearby space, breast milk needs to be kept refrigerated. Milk storage options should be discussed with the mothers that will be using the lactation rooms. Many women feel more comfortable storing their milk in a private refrigerator or cooler.

3. Other activities that can be used to promote breastfeeding: Observe National Breastfeeding Month, which occurs during August every year (World Breastfeeding Week is the first week of August). This is a time when health care providers put special emphasis on encouraging mothers to breastfeed. Mention breastfeeding in a sermon during this time.

4. Take the Breastfeeding Welcomed Here Pledge: Breastfeeding Welcomed Here highlights a city and business community that welcomes and supports breastfeeding moms and is part of a much larger campaign to make Nashville a healthier city and ultimately to increase breastfeeding rates in Davidson County. To learn more visit: Nashvitality.org/healthy/breastfeeding.



Sikhism - God is Creator of All, the remover of sickness, the giver of health.

Tobacco Free Policy

The faith institution will have a written policy creating a tobacco-free campus, or designating a specific area – at a safe distance away from the building – for smoking. The policy will be designed to reduce nonsmokers' exposure to secondhand smoke, and will also include the provision of smoking cessation materials and resources to help smokers quit.



Steps to Implement a Tobacco Free Policy

1. Develop a tobacco-free policy.
2. Create an outreach campaign to communicate the policy.
3. Promote tobacco cessation to congregants.
4. Monitor and enforce the policy.

A tobacco-free environment creates safe and healthy places, eliminating congregants' exposure to secondhand smoke. Additionally, tobacco-free environments have been shown to encourage those that use tobacco to reduce or quit tobacco use. Research by the Campaign for Tobacco-Free Kids' has shown that \$2.16 billion dollars are spent in tobacco related health care costs annually in Tennessee.

Provide information about tobacco cessation to your congregants: Give them access to self-help materials, and connect them with available resources. See the Appendix for QuitLine resources. The Tennessee Tobacco QuitLine is a free service for Tennessee residents that provides personalized support for those individuals who want to quit smoking or chewing tobacco.

Evaluate

Evaluation is a crucial piece in building a Healthier Place of Worship. It is vital that policies and programs are evaluated regularly, to ensure effectiveness and identify areas for improvement. Evaluation will help the faith institution determine whether there have been benefits in the congregation's health, such as members who have lowered their blood pressure, or reduced their cholesterol or body mass index (BMI). Evaluation can also help measure any change in congregants' attitudes toward living a healthier lifestyle, and allow for modification of policies to better fit the needs and desires of the congregation. Also, it gives the congregation the opportunity to provide feedback on the Health Ministry.

There are many types of evaluation; the Health Ministry team must choose the evaluation tools that best fit the needs and capacity of the faith institution. Process measures are tools that compute such items as participation rate, participant satisfaction, and policy or environmental change.

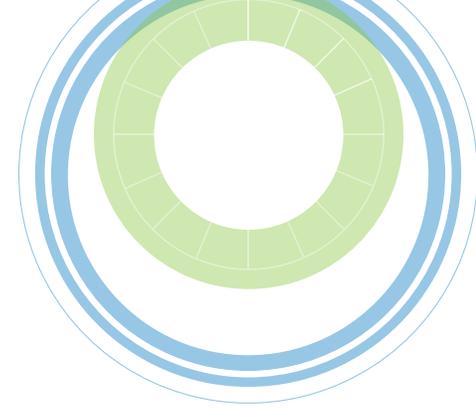
What to evaluate?

- 1. Policy or environmental changes:** Determine the number of policies in place at the beginning of the initiative and reevaluate that number at the end of the initiative.
- 2. Participation rate:** Determine the number of congregants participating in healthy initiatives.
- 3. Participant satisfaction:** Determine congregant satisfaction in healthy initiatives.
- 4. Observation:** Count the number of people attending an event.
- 5. Behavior change:** Measure changes in health attitudes and behaviors.
- 6. Health risk appraisals:** Measure lifestyle risks of congregants.
- 7. Biometric measures:** Evaluate past, present, and potential medical issues.
- 8. Return on investment:** Measure the cost effectiveness of your policies and programs.



**Taosism - Pursue a middle course,
to keep a healthy body and healthy mind.**

Conclusion and Additional Support



Leaders in faith communities and neighborhood organizations have a unique and critical role to play in ending childhood obesity and hunger. These organizations are trusted in their communities and can motivate people to take action. The neighborhoods we live in teach us about healthy behavior and shape many of the ways we see health and success.

- Let's Move Faith and Community Toolkit



Now that you have read through the prescription, take a look at the five areas and see how you can make your place of worship healthy for all congregants.

- Physical Activity
- Healthy Foods and Beverages
- Lactation Support
- Tobacco-Free

Many places of worship may not immediately be able to implement the full prescription, but any expansion of policies and programming is a step in the right direction.

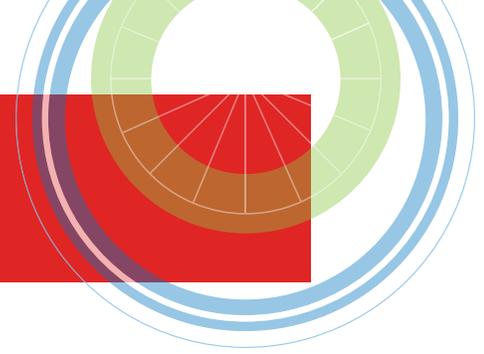
This toolkit can be used to help create policies and programming that is tailored to your organization. Not every organization is the same, however every organization can work towards improving health in their congregation.

As you move forward, identify what programming you are already providing, and look for opportunities to expand and implement new programs. However, make sure that you are also looking for opportunities to create sustainability in your healthy place of worship programming through implementing healthy policies.

Technical assistance and support is available by contacting info@nashvitality.org

Appendix

Appendix A: Resources



General

- Healthy Communities Network: www.healthynashville.org/
- Welcoa: Wellness Council of America: www.welcoa.org/
- Let's Move, Faith and Communities: www.letsmove.gov/community-leaders

Health Ministry Guidance

- The Health Cabinet: How to Start a Wellness Committee in Your Church, The International Parish Nurse Resource Center: <http://ipnrc.parishnurses.org>
- Health Ministries Association: www.hmassoc.org.

Congregational Health Surveys

- Tennessee Department of Health, Congregational Health Survey: <http://health.state.tn.us/dmhde/pdf/CongregationalSurvey.pdf>

Physical Activity

- Eat Well, Play More Tennessee: www.eatwellplaymoretn.org
- Lift Off! 10 Minute Physical Activity Breaks: www.ph.ucla.edu/cehd/activity_breaks.htm
- Body and Soul: A Celebration of Healthy Eating and Living: www.bodyandsoul.nih.gov/programpillars_2.html
- Fit4: A Lifeway Christian Wellness Plan: www.lifeway.com

Healthy Foods and Beverages

Healthy Meetings

- CDC Healthy Meeting Foods Resources: www.cdc.gov/workplacehealthpromotion/implementation/topics/nutrition.html
- The University of Minnesota School of Public Health, Guidelines for Offering Healthy Foods at Meetings, Seminars and Catered Events: www.sph.umn.edu/img/assets/9103/Nutrition_Guide.pdf
- Sample Healthy Meeting Policy: www.catertohealth.org/Catering%20Policy%20Template.pdf

Healthy Vending

- FDA Vending Regulations: www.fda.gov/downloads/Food/LabelingNutrition/UCM249278.pdf
Fit Pick: www.fitpick.org/about_acknowledgements.php
Knox County Healthy Vending Toolkit: www.knoxcounty.org/health/pdfs/vending_toolkit.pdf

Access to Water

American Cancer Society Meeting Well Tool: www.cancer.org

Heals Cities Campaign: www.healcitiescampaign.org/employee_wellness.html

Rethink Your Drink Program: www.cdc.gov/healthyweight/healthy_eating/drinks.html

Community Gardens

American Community Garden Association: www.communitygarden.org

NashVitality - Growing Food: www.NashVitality.org/growingfood.html

Tennessee County Extension Offices, www.caes.uga.edu/extension/statewide.cfm

Community Garden joint-use agreement: <http://www.faithandwellness.org/EMO-and-Participating-Congregations-Policies/joint-use-policies.html>

How to Start a Farmers Market, Agricultural Marketing Service, U.S. Department of Agriculture: <http://www.ams.usda.gov/AMSV1.0/getfile?dDocName=STELDEV3022129>

Nashville Area Community Supported Agriculture programs: <http://nashfof.wordpress.com/csa/>

Tobacco-Free

Sample Tobacco-Free Workplace Policy - Americans for Nonsmokers' Rights

<http://no-smoke.org/document.php?id=217>

Coverage for Tobacco Use Cessation Treatments - TN Department of Health http://www.cdc.gov/tobacco/quit_smoking/cessation/coverage/index.htm

<http://health.state.tn.us/tobaccoquitline.htm>

Davidson County tobacco cessation resources - Metro Public Health Department

http://health.nashville.gov/HAE/hae_Tobacco.htm#WantToStopSmoking

Implementing a Tobacco-Free Campus Initiative at Your Workplace <http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/tobacco/index.htm>

Save Lives, Save Money: Make Your Business Smoke-Free http://www.cdc.gov/tobacco/basic_information/secondhand_smoke/guides/business/pdfs/save_lives_save_money.pdf

Coverage for Tobacco Use Cessation Treatments http://www.cdc.gov/tobacco/quit_smoking/cessation/coverage/index.htm

Breastfeeding

Lactation Support Program – Centers for Disease Control: www.cdc.gov/breastfeeding/pdf/BF_guide_4.pdf

La Leche League International: www.lalecheleague.org

Breastfeeding Welcomed Here Campaign - Metro Public Health Department: nashvitality.org/healthy/healthy-places-of-work-worship/breastfeeding.aspx

Pledge to Become a Healthy Place of Worship

I, _____, leader of this faith community, hereby pledge that we, the members of _____, will from this day forward implement the principles of the Prescription for a Healthier Place of Worship which are checked below. We will establish a work team to oversee the development of policies, goals and objectives to implement the Prescription.

1. Physical Activity Policy:

Our congregants will have access to, and opportunities to join the following fitness groups/classes: _____

Our congregants will be encouraged to be active, by efforts such as:

2. Access to Healthy Foods Policy:

- We will implement a Healthy Fellowship Meals/Dinners policy, to provide guidelines for food and beverages to be served at functions and events.
- We will implement a Healthy Meetings policy, to provide guidelines for food/beverages for meetings.
- We will implement a Healthy Vending policy, to provide guidelines for food and beverages in vending machines, with a suggested ratio of 50% healthy options.
- We will implement a Water policy, to ensure that water is available at all dinners, functions and meetings.
- We will plant a church garden.

3. Lactation Support Policy:

- We will promote breastfeeding, and encourage breastfeeding mothers by putting emphasis on the health and economic benefits of breastfeeding for both mother and child.
- We will provide Private Lactation rooms, with locking doors, for mothers who need to breastfeed during worship services/meetings, or during the workday.

4. Tobacco Free Policy

- We will implement a written policy creating a tobacco-free campus.
- We will designate a specific area – at a safe distance away from the building – for smokers, to reduce nonsmokers' exposure to secondhand smoke.
- We will provide smoking cessation materials and resources to help smokers quit.

Signed _____

Date _____

Suicide Prevention

Mental wellness is fundamental to physical wellness. Individuals in emotional distress or those who care about someone in emotional distress often turn to places of worship for support during difficult times. Mental health and substance use disorders, along with a myriad of life stressors, contribute significantly to the risk of suicide. Faith communities/places of worship may find it helpful to develop an informed compassionate statement on suicide and suicide prevention for its members. A Sample Statement is provided below.

If you or your faith community would like additional information or free suicide prevention education or training, please contact Behavioral Health Services at the Metro Public Health Department at 615 340-2172.

Sample Statement

Insert the name of your faith community in all the blanks.

The Role of _____ in Preventing Suicide

_____ recognizes that life is a sacred gift, and suicide is a desperate act by one who views life as intolerable. Such self-destruction is never condoned, but faith communities increasingly support, rather than condemn, the person who contemplates or engages in suicidal behavior. They acknowledge that mental health and substance use disorders, along with myriad life stressors, contribute significantly to the risk of suicide. They reach out compassionately to the person who attempts suicide and to families and friends who have been touched by a suicide or suicide attempt.

All faith groups have a strong reverence for life. Regardless of what might happen after a person dies, this life is precious and a gift to be treasured. _____ will address spiritual, emotional, mental, physical, and social needs of all people.

Most suicides can be prevented. We are responsible for each other, and we need to be proactive in promoting hope and meaning in living for people in distress.

Suicide is a tragedy and a terrible loss for the victims' family, friends, and community. However, it is also an opportunity to offer hope to counter despair by spurring the members of _____ into action to promote protective factors, connection with others, and our faith community and to prevent high risk behaviors.